

MONTROSE HIGH SCHOOL

MONTROSE CROSS COUNTRY RELAYS

Date: Saturday, October 14

Entry Fee: \$100.00 = High School

\$55.00 = Middle School team

Races: 10:00 am = Middle School Relays = Four 1-mile loops (2 per runner)

11:00 am = High School Relays = Six 1-mile loops (3 per runner)

Location: Columbine Field is located on the South side of the Middle School which is located at 600 South 12th Street.

From the south end of town – drive north to South 12th Street, **turn right at the light and drive to Mesa Street**, turn right or back south, the field will be on the right-hand side.

From the north end of town – drive south to South 12th street, **turn left at the light and drive to Mesa Street**, turn right or back south, the field will be on the right-hand side.

HS & MS Relays: The relays are a unique way to tune up for the regional week in cross-country. This course is on a one-mile grass loop with a few sidewalk crossings (spikes are a great idea). Each runner will race one mile then tag off to their partner. After each has finished three 1 mile loops the last runner will go through the finish line and place for that pair (Middle School will run 2 miles). Coaches should pair their athletes in the order and the division as they choose. No team scores will be kept for the Relays. Coaches are responsible for all times. We will run 3 divisions in one race (2 boys, 2 girls, and coed pair).

Uniforms: No Jewelry during the races please. We relax the uniform rule for this meet. Coaches please make sure your athletes are wearing appropriate attire for racing and being in the public eye.

Costumes: Athletes must have a shirt on during the race. If an athlete gets hot wearing a costume and they decide to take the costume off they CANNOT race without a shirt on.

Questions: Brian Simpson (970-209-6252)

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